

Amherst · Easthampton  
Northampton · South Hadley

# Nutrition

Use this form to track your activities. Award yourself one point for each activity you complete in the appropriate box below. Record a maximum of three points per day. Your goal is to accumulate at least 80 points over the course of six weeks.

Suggestions for each activity are listed on the back.

[illegible]

## What Counts As...?

### Diet & Nutrition

1 Point/Day for practicing a healthy change in your daily diet or nutrition.

Simple changes in diet can produce a healthier you!

Examples include:

- Opt for water instead of soft drinks.
- Try eating at least 2 vegetables with dinner
- Add a small zip lock bag of fresh cut up fruit or veggies to bring to work.
- Switch from white bread to whole wheat or white rice to brown
- Drink 1% fat or skim milk instead of whole milk
- Try a fruit or vegetable you have never had before
- Watch your portion size
- Create a menu for the week
- Make a grocery list before you go to the store that includes plenty of fruits and vegetables
- Make a list of healthy snacks and stock them
- Google 'Mass in Motion' for new healthy recipes
- Try a new recipe
- Clean out your refrigerator — get rid of old food
- Find out your weight, BP or cholesterol and check that against recommended levels for your age
- Read the labels on food products
- Eliminate trans fats for a day

### Physical Activity

1 Point/Day for a physical activity.

If you are not currently active you might start with a few minutes each day. If you are already active you can try 30 minutes a day of moderate activity.

Examples include:

- Walking the dog
- Running/hiking
- Taking the stairs. Avoid elevators and escalators
- Stretching before bed
- Swimming
- Biking
- Mowing the lawn
- Parking further away from your destination than usual
- Dancing

Consult with your physician before starting an exercise program and/or if you have or are at risk for a chronic health condition (e.g., diabetes, hypertension).

### Support / Network

Award yourself 1 point every day for purposeful attention to support partners and/or networks.

Examples include:

- Attend to your social relationships
- Phone or email a friend
- Plan social outing
- Attend an event
- Go to a museum
- Make a lunch date with a co-worker
- Invite someone to join you to exercise, meditate, walk, do yoga, swim
- Join a club
- Volunteer

## Results Form

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ (Only needed if entering raffle)

1. Total points: \_\_\_\_\_

2. Compared to the beginning of the program, I feel I am able to make better nutrition choices in my life.

(choose one) Strongly agree Agree Neutral Disagree Strongly disagree

3. By monitoring my activities for 44 days I feel I am more aware of the things in my life that affect my diet and nutrition.

Making time for physical activity	yes	no	don't know
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Maintaining support networks	yes	no	don't know
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Making better food and nutrition choices	yes	no	don't know
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Taking time for diet and food planning	yes	no	don't know
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4. As a result of this program, I have made positive lifestyle changes in my:

Physical activity	yes	no	don't know
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Support networks	yes	no	don't know
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Food choices	yes	no	don't know
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Nutrition planning	yes	no	don't know
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5. Comments:



Complete this form and return to the address below so that you can be entered into a drawing for a \$50.00 gift certificate to a local grocery store.

Your feedback helps us to plan, evaluate and improve our wellness program.

Please send us your results and comments:

**Mt. Tom Municipal Wellness Program**  
**99 Main Street, Northampton, MA, 01060**

or email us at **Mt.Tom.Wellness@hampshirecog.org**